

## We Can:

- Connect you with resources for you and your partner/family, including peer supports.
- Provide individual, couples, and/or family therapy.
- **Help establish safety in your relationship in a way that feels right to you.**

*We are here to meet with you privately, to listen without judgment, connect you with other needed services, and assist you and your family.*

You can also call:  
**National Domestic  
Violence 24-hour hotline:**  
1-800-799-SAFE (7233)  
1-800-787-3224 (TTY)  
[www.thehotline.org](http://www.thehotline.org)

## You are not alone! The Safing Center can help.

*The military term “Safing” means transitioning from combat readiness to a safe condition and signifies our commitment to helping Veterans establish safety in their relationships.*

### THE SAFING CENTER

A Recovery-Oriented and  
Veteran-Centered Program.

**781-687-3998**



**Edith Nourse Rogers Memorial  
Veterans Hospital**  
(Bedford VAMC)  
200 Springs Road  
Bedford, MA 01730



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## Overwhelmed in Your Relationship?



**You're Not Alone.**

**We've Got Your Back!**

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# **If you find yourself overwhelmed in your relationship(s), *We can help.***

## **Has relationship stress led you to:**

- Say hurtful things to your partner or your children that you later regret?
- Make unfair or unreasonable demands of your partner or your children?
- Threaten your partner or your family?
- Push or hit your partner or your children?
- Promise to stop, but feel yourself unable to?

**If you answered “Yes” to any of these questions:**

**Call us!!**

**781-687-3998**

## **Many factors can cause or worsen relationship distress:**

- Deployments or reintegration to civilian life
- Symptoms of PTSD
- Symptoms of Depression
- Substance use
- Anger difficulties
- Communication difficulties
- Financial worries
- Poor decision making



## **Overwhelming relationship stress can:**

- Have a negative affect on your health
- Lead to legal problems
- Impact your job security
- Separate you from your family
- Lead to feelings of guilt and shame
- Hurt you and the people you love

***You can change your behavior before it's too late!***

***Our program is here to help you and your loved ones.***